

M M ARTS & SCIENCE DEGREE COLLEGE, SIRSI.

Cancer Awareness Program for Women

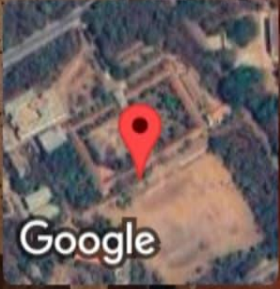
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Jvm2+266, College Rd, Shanthi Nagar, Sirsi,  
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## M M ARTS & SCIENCE DEGREE COLLEGE, SIRSI.

### Cancer Awareness Program for Women

It is extremely important for women to have more knowledge about their health. If cancer is detected in the initial stage, about 75% of cases can be cured successfully through treatment. Therefore, Gynecologist Dr. Sharada Satish, T.S.S. Hospital, Sirsi, said that women should immediately consult a doctor if they notice any early symptoms appearing in their body.

She was speaking at a program organized to mark International Women's Day, jointly held by the IQAC and Bhoomika Women's Forum at M.M. Arts and Science College, on 10th March 2026. The event was organized with the main objective of promoting a healthy lifestyle and fighting cancer.

The cancers commonly seen in women include breast cancer, oral cancer, ovarian cancer, and cervical cancer. Breast cancer is the most common cancer among women. In India, about 60% of cases are detected in the third or fourth stage. If detected at these stages, the chances of survival become very

low. Hence, she emphasized that cancer awareness and regular health check-ups are extremely important. Cancer cases are rising in India. Approximately 14 lakh cancer cases are reported every year. Along with that, about 7 lakh people die of cancer annually. On average, 1 in 8 women is likely to be diagnosed with cancer. She said that to maintain good health, one should eat leafy vegetable nuts, jaggery, sprouted pulses, and drink plenty of water.

Regular exercise can help prevent cancer.

IQAC Coordinator Dr. Ganesh Hegde said that when there is a deficiency of T-cells or T-lymphocytes in our body, the mutated cells that should have been destroyed survive and lead to cancer. He added that consuming junk food and sweets in excess increases risk. Therefore, everyone should be vigilant about health. To maintain mental and physical health, everyone should work towards sleeping well every night, he said.

Bhoomika Forum Coordinator Dr. Sujata Phaterpeker was present. College Principal Prof. G.T. Bhat welcomed the gathering, Prof. Tabassum Tilwalli compered the event, and Prof. Vijaya Bhat delivered the vote of thanks. Dr. Sharada Satish was felicitated during the program.

### **Beneficiaries:**

The program was organized at M.M. Arts and Science College and jointly held by the IQAC and Bhoomika Women's Forum to mark Women's Day. While the primary focus was cancer awareness for women in general, the college students were key beneficiaries. The event aimed to equip young women with knowledge about early cancer symptoms, prevention through lifestyle, and the importance of regular health check-ups. This empowers students to take charge of their health early and spread awareness in their families and communities.

### **Concluding Note:**

The program stressed that awareness is the strongest weapon against cancer. With rising cases in India and late-stage detection being a major challenge, educating women at the college level helps build a healthier future. The speakers urged students and attendees to prioritize physical and mental

health, adopt preventive habits, and not ignore early warning signs. The event ended with a call for collective action — that staying vigilant and informed can save lives.